



Employee News

Governor M. Jodi Rell

Commissioner Peter H. O'Meara

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"Ask the Commissioner"

If you have a question for Commissioner O'Meara, you are invited to e-mail Joan Barnish at joan.barnish@po.state.ct.us

SEND US YOUR STORIES

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DMR SAFETY AWARENESS CAMPAIGN



Focus on Seasonal Safety

As the temperatures rise, we all need to be more aware of safety summer guidelines.

It is important to drink more fluids regardless of activity level during the summer months. Refrain from drinking liquids that contain caffeine, alcohol, or large amounts of sugar as they these can actually cause you to lose more body fluid. Also, avoid very cold drinks, which can cause stomach cramps.

Stay indoors and, if at all possible, stay in an air-conditioned place. Air conditioning can help your body stay cooler when you go back into the heat. While electric fans can offer some relief, they do not prevent heat-related illness when the temperatures are in the 90's. Taking a cool shower or bath is a much better way to cool off.

Remember our consumers are at a greater risk than others during the summer and that's why it is important to *Be Aware to Be Safe* and to *Expect the Unexpected*.

DMR Helps to Sponsor Latino With Disabilities Conference



Commissioner Peter H. O'Meara

The Department of Mental Retardation (DMR) recently co-sponsored the Latinos With Disabilities Conference "*Breaking Barriers Through Multicultural Awareness*" at Central Connecticut State University, New Britain. The all day conference was designed for individuals with disabilities, parents and family members, advocates, teachers, and students who have an interest in expanding their awareness of both disability and multicultural issues.

The Keynote Speaker, Kathleen Martinez, blind since birth, is an internationally recognized disability rights leader specializing in employment, asset building, independent living, and international development, diversity and gender issues.

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“Burgers Under The Bridge”



Interstate 84 provided a shield from the hot temperatures for DMR CO staff.

Central Office Staff celebrated July 4th, 2006 with a noontime picnic “Under the Bridge.” The brainchild of Birth to Three Administrative Assistant Kathy Granata and IT Specialist Sandy Booth, the picnic was a huge success with the over 50 people who braved the heavy traffic above them on Monday, July 3rd.



Pictures; (clockwise from left), Boston Red Sox Catcher Jason Varitek joined Sandy Booth and Kevin Lawton for some burgers. Head Chefs Sandy and Kathy watch the grill. Mila Nanez, Linda Kilburn and Theresa Gonzalez enjoy the picnic buffet. And finally, the CO crowd thought they were at the beach.



Dishing Up Some Cultural Diversity

Lunch was no ordinary affair on May 11th at Southbury Training School. Over 150 employees attended and enjoyed a Cultural Diversity Luncheon, held at the pavilion from 11:00 a.m. to 1:00 p.m.

Tables were festively decorated with multi-colored tablecloths and flags from many different countries in celebration of people’s varied cultures. Many of the attendees brought a favorite ethnic dish to share and there were over sixty dishes (hot, cold, and desserts) for everyone to enjoy. Cabbage and Noodles, Corn Chowder, Sausage & Peppers, Irish Stew, Tuscan White Bean Dish, Swedish Meatballs, Lasagna, Sweet Potato Pie, Italian Cookies, German Cake, Tiramisu and more tempted folks to indulge in a second serving.

Latino Conference *continued from page one*

Commissioner Peter H. O’Meara addressed the over 200 people attending the event including several DMR Self Advocates.

“I am pleased and humbled to help enable people to make their dreams a reality and we must continue to make our services more culturally friendly for all people, regardless of where they come from,” said Commissioner O’Meara. “We all have great gifts to give the State of Connecticut and just being here today is a tribute to how people in the state want to learn, listen and grow in cultural diversity.”

The event was co-sponsored with DMR by the Department of Social Services (DSS), Office of Protection and Advocacy for Person with Disabilities(OPA), Latino & Puerto Rican Affairs Commission, Proyecto Vision and Padres Abriendo Pertas.